



Worksite Wellness Conference

Session Speakers: 2015 Worksite Wellness Conference

1:45 p.m. – 2:45 p.m.

Graham Lowe, PhD

Creating Healthy Organizations

Rebecca Flewelling, Nutrition Consultant & Motivational Speaker

Building a Balanced Workplace: Eat to Beat Stress

Explore how a balanced diet and stress reduction are crucial to creating a healthy organization with healthy employees. Learn the connection between stress and nutrition in this interactive session. Discover how the body deals with stress, what foods and beverages increase stress in the body and what we can eat to reduce stress. Lastly, we will see the relationship between nutrition and success in all other areas of life.

Heather Hewitt Main, M.Ed.

Fitness in the Workplace: Creating and Maintaining a Culture of Movement

We will support the notion that fitness in the workplace is not just about lunch time running groups and a place to change clothes. Fitness in the workplace should, through thoughtful design, intention, and execution be inviting to every person in the organization, and does not need to be costly. We will cover (some of) the nearly countless organizational benefits of supporting fitness initiatives in the workplace including the financial return on investment to recruitment and retention and improved collegiality. We will talk about how different personality types are drawn to different fitness programs, reinforcing that “one size does NOT fit all” and variations in participation may be less about fitness ability and more about personality factors.

Michael Kilfoyle

How to Become an Individual Wellness Leader: Learn the Skills and Strategies of Effective Leaders to Improve Your Workplace Wellness Efforts

In this session, participants will learn leadership skills, regardless of role, to effectively manage their organization’s wellness efforts to success. Leadership is not just reserved for those with specific titles, especially when it comes to creating well workplaces. Everyone involved in the wellness effort at their organization can have an impact on creating well workplaces through good communication, role modeling and acknowledging and caring about their colleagues. Those charged with leading the wellness efforts can use proven leadership techniques to create buy in and excitement and, ultimately, better results.

Shelly Masson

Creating a Healthy, Collaborative and Innovative Culture

Explore and discuss the key components of an innovative and collaborative culture. Through small group discussions, interactive facilitation and activities, we will define the environment that encourages us to bring our best selves. We will identify tools and tips you can use to foster wellness, creativity, collaboration and effective communication. This workshop will help you optimize personal and team performance.

3:00 p.m. – 4:00 p.m.

Evelyn Sikorski & Connie Gavin

Is depression becoming the common cold of the workplace?

How EAPs are positioned to help you take action.

Learn how workplaces from small to large are truly maximizing their Return on Investment and achieving unparalleled employee engagement. The most valuable asset in all organizations is the employees. Employees that are able to balance work and lifestyle are more productive and report higher job satisfaction. The nation's highest performing and top rated employers invest in the success and well-being of their employees by actively integrating EAP into their HR and benefits program and promotion (worker's comp, Family Medical Leave, short term disability) and of course wellness culture initiatives. You may learn that you have an untapped resource in your EAP-like any technology, it is most valuable when you understand how and when to use it. Leverage resources you likely already have to manage high risk behaviors in the workplace.

Teresa Stewart, MS, MPH

It's All Interconnected: Exploring the Relationship between Stress, Sleep, and Work Productivity

The CDC has declared sleep deprivation a public health epidemic. The quality and duration of sleep an individual gets impact other areas of their health and wellness. Conversely other areas such as fitness, nutrition, stress management, and mental health also directly impact a person's ability to fall asleep and stay asleep. Participants will gain a better understanding of the interconnectivity between sleep, stress, health and work productivity.

Jess Hyman, Charlie Nardozzi and "Green Thumbs at Work" grant participants

Green Thumbs at Work: Employee gardens for increased engagement, wellness and community connections

A workplace garden offers many benefits, including fresh, healthy local food, increased opportunities for physical activity throughout the day, and incorporation of wellness, camaraderie, and employee engagement into workplace culture. It can also be a way to directly connect a business to greater community food security efforts. Charlie and Jess will highlight what factors make a successful employee garden. Attendees will also hear from 2014 Green Thumbs at Work Grant participating businesses about their experience with their employee gardens and their real world advice for effective and engaging workplace gardens. This hands-on planning workshop will help you determine if a workplace garden would work for your company or organization and how to sow the seeds for an employee garden of any scale.

Lori Smith and Jennifer Stone, Ph.D

Unleashing the Power of Positive Change: Using Goal Setting and Goals Groups to Improve Wellbeing in Our Lives AND Our Organizations

Most of our organizations design wellness programs around individual incentives. This paradigm powerfully shapes the ways in which we behave — and how we measure our success. But evidence shows that the old paradigm is not working any longer. In this workshop, we offer an innovative way for people to "group up around goals" so that they can gain more energy and push past setbacks while achieving a very powerful sense of wellbeing. "Grouping up around goals" can reduce stress levels, enable us to identify new, exciting possibilities and bring organizational wellness to new heights.

Tracy Gallo, Craig Stevens and Jessica Gerhart

Coaching for Success: Transitioning from Workplaces to Well Places

As we look at transforming work places into well places we must remember the individual and what motivates them to succeed. Individuals are motivated by more than external factors, by things that are inherently important to us (intrinsic motivation). Come and hear how 3 organizations are working to support individuals in their intrinsic journey toward optimal health.